

Aromatherapy Times

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A Review of Aromatherapy Research Methods

Blue Tansy/Moroccan Chamomile

Carpal Tunnel Syndrome & Other Repetitive Strain Injuries

Incriminating The First Rib

Natural Solutions to IBS

Playing to Detective With Lower Back Pain

THE JOURNAL OF THE INTERNATIONAL FEDERATION OF AROMATHERAPISTS



Exclusive Deal from the FSB for IFA Members

Enjoy FSB member benefits for as little as £135



Federation of Small Businesses
The UK's Leading Business Organisation

A new and exclusive partnership has been launched between the IFA and the UK's leading member-led organisation for small businesses.

The Federation of Small Businesses (FSB) provides a wide range of high quality business support and services to its 200,000 members, and is committed to promoting and protecting the interests of the self-employed and owners of small firms.

From September, IFA members will receive an exclusive 50 per cent off the FSB's

registration fee, reducing this from £30 to £15 when registering for your first year's membership at £120. This means that sole traders within the IFA can now become full FSB members for just £135.

All FSB members are entitled to exclusive benefits including legal and tax protection insurance, legal services and employment law advice to name but a few.

The FSB's Head of Recruitment Peter Clark said that the deal had been agreed to appeal to IFA members, who are often sole traders or run small businesses themselves:

"Our membership benefits are designed to offer complete peace of mind to members, who can pick up the phone at any time to

speaking with our team of qualified experts.

"Our Legal and Tax Protection Insurance Scheme in particular is regarded as one of the most important benefits available offering help, support and guidance. This includes access to legal advice from qualified lawyers 24 hours a day as well as Legal Protection Insurance and Tax and Employment disputes protection.

"We're pleased to be able to offer this exclusive discount to the IFA."

For more information, visit www.fsb.org.uk/benefits or call 0808 20 20 888.

Scents In The City ~ Aromatherapy 100 project

by **Wai-Yee Cheung**

Every year, I either create a small project or carefully choose one to work on to keep myself abreast of the times and serve the community. This year, my project is to give 100 aromatherapy introductory classes in Hong Kong within 365 days.

In this one-hour interactive introductory class, students will have a chance to listen to the stories behind the essential oils, smell their fragrance and feel the effects of aromatherapy on their body and mind within minutes. Instead of holding classes in aromatherapy school settings, I choose to go to communities where aromatherapy is new to people. My target groups are housewives and the elderly. They are the ones who suffer the most in family crisis.

At first, I thought the project was very easy to achieve but I found myself facing challenge after challenge once I started...

How do I reach my target groups who do not know me?

What kind of organizations shall I approach to introduce this project?

Where do I hold these 100 aromatherapy classes?

What is the maximum number of students in one class?

The more I thought of it, the nearer I was on the edge of giving up. Suddenly, a gentle feeling came over me.

I sat myself down to search deep in my heart, calling upon two incidents that have always kept me going when life gets tough. These two incidents remind me helping hands from guardian angels abound as long as I still my mind to listen and open to receive.

The first incident took place almost 30 years ago; I was in my twenties then.

In 1985, I managed to survive a demanding 36-hour Operation Raleigh Selection Weekend to become one of the 50 Hong Kong ventures for three-month overseas adventure training. At that time, I was required to come up with a plan to raise funds from scratch to fund my adventure in Chile, learning to be a leader along the way. I challenged myself to swim 50 pool lengths to raise funds. I approached Mr. Tung of a printing company to print 700 brochures to introduce Operation Raleigh and my fundraising project to distribute to friends and strangers on a condition that I could only pay him the printing fee after I had raised enough funds. Mr. Tung looked me in the eyes, took my brochure draft and told me to go home.

Two days later, he called to tell me that he was impressed with my story and would sponsor the full printing fee. I was overjoyed with tears running down my cheeks. From then on, my Operation Raleigh fundraising project took flight. People, most of them strangers, were impressed by my story and sent in cheques. Their blessings and donations made my fundraising project a big success and the Chile adventure a fruitful one.

The second incident took place last year. In 2012, I learnt about the Orbis Shiny Eyes Fundraising Project that as little as a \$300 donation was enough to sponsor a cataract operation, enabling one more soul to see this beautiful world. With my partners' consent, I built an Orbis Mung Honey Fundraising Page (<http://orbis.org.hk/amyc/>) to start an online Mung Honey Charity Sales, donating 34 bottles of mung honey for this event. Intentionally I sold the \$450 bottled mung honey at \$300 each so that each donor was in full support of a cataract operation. The fundraising target was set at \$10200, the exact amount when the 34 bottles were sold out. Apart from my readers and mung honey users, strangers who visited the Orbis Mung Honey Fundraising Page by chance were

very positive and supportive. Some made money donations, some donated their bottles of mung honey back to get more donations, and some even helped spread the word. In the meantime, the donation from the IFA office was like a thousand shots in the arm for me, encouraging me to keep up the good work. Finally, our group ended up raising \$13210 for Orbis Shiny Eyes surpassing the target amount.

There is one thing in common for both Operation Raleigh and Orbis Shiny Eyes projects: I alone am not big enough to make

things happen; I need help. It is the synergy of all who shares the same beliefs leading me to the appropriate channels and assisting me in making the project a reality.

After the kick-off of Aromatherapy 100, I had given talks to my existing readers, groups under social aids and massage ladies who wish to better serve their clients using high quality essential oils. Yet, it is still a long way to go to reach my target of 100 classes.

If you believe aromatherapy may provide emotional relief in times of crisis and does improve the quality of life, please support me

by introducing Aromatherapy 100 project to the organizations you believe may benefit. With your help, aromatherapy may reach more people to improve the quality of their life.

That is life helping life in action. My gratitude.

*By: Wai-Yee Cheung
Principal Tutor, IFA Member 7838
Email: ifapt@amyc.info
Webpage: www.ac03.amyc.info*

IFA Aromatherapists Free Membership to the College of Medicine



The College of Medicine – creating a better NHS for the 21st Century

The College of Medicine began in 2010 as the brainchild of a group of healthcare professionals and patients, most of whom have spent their whole lives living the practical realities of the NHS or expanding the horizons of knowledge as scientists and academics.

Unusually, the College cuts across all the tribes

of healthcare by offering equal membership to all - from doctors to aromatherapists, patients to student healthcare professionals, nurses to podiatrists. The structure reflects one of its core beliefs: that unless we move to a more collaborative, community based form of primary medicine, the NHS will slowly cease to work.

To join the College of medicine for free until March 2014

The College of Medicine are offering a year's free trial membership for IFA qualified aromatherapists which will run until March 2014.

Anyone wishing to take advantage should simply fill in the membership form here:

<http://members.collegeofmedicine.eu/register/membership>

-- taking care to fill out section 2 (if this section isn't filled in, then those signing up will be automatically be presented with a bill). There's a link within the form explaining the deal:

<http://www.collegeofmedicine.org.uk/introductory-free-membership-college-medicine>

Micheline Arcier - What Makes A Pioneer?

by **Germaine Rich**

"To us aromatherapy was a way of life, and it gradually took over all my life. I live aromatherapy" – Micheline Arcier

Micheline Arcier has often been described as "one of the pioneers of modern aromatherapy" alongside Dr. Jean Valnet and Marguerite Maury. Uniquely Madame Arcier worked with both Valnet and Maury, creating an extraordinary link between two strands of aromatherapy.

A highly decorated officer in the French army, Dr. Valnet pioneered the use of essential oils for the treatment of medical conditions. He initially experienced the criticism and challenges that pioneers often attract by swimming against the

tide of conventional thinking and practice. Through many years of laboratory experimentation the scientific evidence supporting his case-study work became so compelling that Dr. Valnet finally achieved the respect his perseverance deserved.

Marguerite Maury is also a name well-known to aromatherapists for incorporating the use of essential oils in massage. She spent many years studying a variety of complementary modalities before her attention became focussed on essential oils. Most particularly she explored the potentials of combining essential oils in a specialised massage, using various techniques to support the nervous system and promote general well-being.

It was at one of Marguerite Maury's seminars in the late 1950's that Micheline Arcier first met her, was then trained by her and shortly afterwards became Marguerite Maury's assistant, working for her for three years in her London Clinic.

Inevitably, Madame Arcier became aware of Dr. Valnet's work and was fascinated and inspired by his books. When she set up her own Knightsbridge clinic she decided that she must meet Valnet and arranged an appointment at his flat in Paris. She later recalled that she had visualized an elderly man with a grey beard so was surprised to find a stocky, balding man about her own age. In fact their early lives had been very similar in rural